

What is Salmonella?

Salmonella is a bacteria that causes diarrhea, fever, and stomach pain. It usually spreads through contact with animals or contaminated food.



A food service worker washes hands before preparing food.

Why do I need to stay home?

- Salmonella often spreads to others when people do not properly wash their hands after touching animals or poop, or before making food.
- While most people feel better after 4–7 days, bacteria may be in your poop even after you don't feel sick anymore, which can make others sick.
- Illness spreads easily in some situations including food service, childcare, and healthcare.
- Salmonella may cause very serious illness. We want to keep those we care for healthy!

If you work or attend a high-risk setting, extra exclusions may apply.



Food service: Utah Food Code requires the following before you return to work:

- **2** negative tests **24 hours** apart and **48 hours** after antibiotics are finished,
- or wait **30 days** after diarrhea and vomiting have stopped,
- or wait **30 days** after positive test if no symptoms are present.



Childcare:

- Stay home until diarrhea and vomiting have stopped. This includes **kids** who attend childcare facilities and **childcare workers**.
- If you give medication or have food handling duties, follow food service guidelines above.



Healthcare and long-term care facilities:

- Stay home from work until diarrhea and vomiting have stopped; negative poop samples may also be required by the local health department.
- If you give medication or have food handling duties, follow food service guidelines above.

These are general guidelines. Your local health department may have additional requirements for returning to work or childcare <https://ualhd.org/>.